

Counselling and Development Centre

GROUPS AND WORKSHOPS

Fall 1987

- Assertiveness Training
- Effective Communication Skills
- Fitness with a Friend
(in collaboration with Recreation York)
- Positive Stress Management
- Relaxation Training
- Self-Change and Management Programme
(SCAMP)
- Shyness Group
- University Skills Series
- Women Returning to School

Group sizes are limited, so join now.

For more information, look for our "Groups and Workshops" booklet at several campus locations, or come to our reception area in 145 Behavioural Sciences Building, or call us at 736-5297

CDC

145 Behavioural Sciences Building
736-5297

Counselling

Education

Research

Clinical Training